FAMILY LIFE

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The Adolescent and His Parents

Criticism of parents seems to be highest around 15 and 16 years. Those younger and older tend to be more favorably disposed toward parents. So says Ruth Strang, professor of education at Teachers College, Columbia University, in a new book, *The adolescent views himself,* in which she has collected the opinions of teen-agers on almost every possible subject.

Problems of family relations often stem from personality faults in the parents, she points out. "Adolescents are quick to note faults of character in adults. There is no substitute for being a real person. What adults say is not so important as what they do and what they are." For this reason, adolescent adjustment is a pretty fair reflection of the parents' personality. Nora Prudence Hansford found that mothers of emotionally disturbed girls were distinguished from mothers of normal adolescent girls in the following respects:

They imposed their plans upon their daughters.

They were neurotically possessive.

They were not frank.

Their relations with the father were strained.

They seemed to be overanxious.

In short, one survey after another reaches the same conclusion — the problem of the juvenile is essentially the problem of the home from which he comes. The first thing to do, if we want to help the youngsters, is to help their parents get along successfully with each other. Yet social movements persistently refuse to face this fact. They go right ahead dealing with symptoms rather than causes.

The broken home imposes particular difficulties, Dr. Strang points out, particularly if it is broken by divorce. The biographical sketches which she collected from youngsters point up the many problems they face. "Too often one parent tries to influence the child to dislike or to blame the other parent." As one girl described it: "My problem is a very common one. My mother was divorced from my father last year. I love my father very much, as is only natural. My mother hates him, which is probably natural too. My grandmother (Mother's mother) and all of her relations are constantly telling me what a terrible man he is and how horridly he treated Mother. . . The

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only solution (and this would be perfect) is that I go live with my father. This idea was quickly stopped by my Mother's statement that she would surely die if I went to live with Daddy. The result is that through lots of things piling up I am learning to hate my mother through and through."

Divorce may create another kind of problem for the adolescent — the problem of mother's having to support the family.

What do teen-agers want from the grown-ups in their lives? "Comments by adolescents on their parents' behavior, as expressed in anonymous compositions, should be helpful to parents." They want adults in whom they can have confidence—but before they confide they must be able to trust. They want to be free to make their own decisions on the basis of the best help a parent or teacher can give. "Adolescents, even college students, like to have a responsible adult in the offing; it gives them a sense of security to know they can call on him." Adolescents want a reasonable degree of consistency in their parents' behavior. They want to be encouraged—want adults to expect the best of them. They want privacy. Finally they want parents who can understand modern youth—parents who are not still living in the horse and buggy age.

"A happy home does not 'just happen." Dr. Strang insists. "Everybody has to help to make it so. A well-balanced alert mother, able to adapt herself to the different needs and interests of a large family, makes the greatest contribution to the personal happiness and good adjustments of all its members, including the temperamental teen-ager. Time, love, and companionship are the essentials."

The book is intended primarily as a college textbook on the psychology of adolescence. It is a novel and useful one.

(THE ADOLESCENT VIEWS HIMSELF, by Ruth Strang. Pp. 580, price $7.95 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1957.

MARRIAGE PREPARATION begins in infancy, psychiatrist O. Spurgeon English reminded the last National Conference on Social Work. He urged social workers to take leadership in attempting to "alter educational philosophy so that many more people come into marriage ready to give mature strength, imagination, boyuancy, and a spirit of adventure. Perhaps there are some people who are following a plan and instructing young people in these positive values already, but I submit that there are not many who are doing so," he commented. "Millions are hurt beyond repair in infancy and childhood, or if only unwittingly ignored when young, blunder on, piling up frustration after frustration until they become hopelessly disillusioned or mentally ill." He insisted that, beginning in infancy, fundamental ideas about emotional life "must be repeated and repeated until they become so strong a part of the personality that they can never be discarded, distorted or forgotten. They are ideas that ensure success in living. They are educating for marriage."

WHAT IS COUNSELING?

Counseling is one form of education. It has been defined as "a learning experience, an opportunity afforded to the individual to facilitate his growth toward maturity and to actualize his potentialities." It is not a specialized branch of any profession but a technique used by almost every profession, parents being the most conspicuous users. "It is an educational method that can and should be utilized by all people, depending upon their needs at various periods in their lifetimes."

Obviously, then, there can be no way of counseling that should be standardized. Various writers have listed up to 75 or 100 different methods or techniques and there are half a dozen schools or cults that emphasize some one of these as if it were *the* way to counsel. There is, strictly speaking, only one way of of counseling, and that is *effective* counseling. The way in which the effect is produced,—that is, the way in which the client is helped to live his life successfully to the fullest degree,— depends on circumstances. It may call for every possible kind of information and for innumerable different methods of communication. It is generally agreed that counseling is primarily an art rather than a science; and a successful counselor, like a successful artist in any other medium, will not be a mere copyist but will develop his own style based on his own personality, on experience with a wide range of methods, on familiarity with a large assortment of tools, and on the possession of a great deal of flexibility. He will keep his attention focussed on the objective to be attained rather than on the stereotyped use of certain predetermined techniques.

His ability to do all this in the counseling situation will depend largely on his ability to win the respect and cooperation of the client; hence attitudes and interpersonal relations are actually the crucial elements in counseling. If these are unsatisfactory, no technical skills or bag of tricks will be of much value. As J. L. Moreno puts it: "It may be said bluntly,—the personality of the counselor is the skill."

During the past half century a large part of all professional counseling has been dominated by concepts derived from Sigmund Freud which created the dogma that "helping the client to gain insight" was the only respectable thing to do. But insight is worthless, may even be harmful, unless translated into appropriate action; and failure to follow through in this direction led to very limited success. It is axiomatic in learning that practice is required, that repetition is invaluable, and that information not used may soon be lost. At best, attainment of insight can be merely a way of discovering the problem, which must then be attacked by getting the client into action; and it is now coming to be recognized, as Franz Alexander and others pointed out even to their fellow-psychoanalysts, that action should come first. Insight will not produce action, but action will itself produce insight. Both are needed, but action must have priority. The counselor's task in most instances, therefore, is to help the client understand what he ought to do and then do it,—though it must be added that the client often knows already what he ought to

do, and merely needs motivation to do it!

The fact that "we learn to do by doing," not by "gaining insight" or having the counselor echo back or "clarify" our own remarks, is fundamentally important in marriage counseling, which is probably the most difficult of all fields of counseling and in which competence has been relatively low because most people, attempting it, have been trained only to counsel the individual, not to counsel the marriage. The difference is sometimes alleged to be merely one of words, or merely metaphysical; but unless the counselor can grasp it and act on it he may destroy more marriages than he helps.

The client comes to get help for his marriage. Start directly on that, therefore. The counselor influenced by psychoanalytic dogma finds it hard to do this, first because he has insufficient knowledge of the structure of a normal marriage, second because his attention is immediately arrested by some fault of personality of the client and he tackles that with an enthusiastic "Eureka!" —forgetful of the fact that many other people with the same fault of personality are successful in their marriages. When the counselor starts on the client's personality, he is going at his job in the roundabout way, often the hopeless way. The client came for help with his marriage,—not to have his personality made over. In fact, he has often hesitated to come, for fear the counselor would try to improve *him* instead of improving the marriage. The distinction may seem irrelevant to the counselor; it seems highly important to the client! He is likely to cling to his own faults but he is ready to talk willingly about how the marriage could be improved. He is more ready to talk about his spouse's faults than about his own. If we want to arouse minimum resistance, and get maximum motivation for effort, we will keep the focus on the marriage and in reference to the faults of his spouse of which he complains, we can easily say in effect, "That certainly ought to be changed. Maybe you can help her by doing so-and-so. Let's see if we can't figure out a program that will make your marriage a great deal more satisfactory to you, and to her, too."

The faults of the marriage, as distinguished from the faults of the individual, are usually almost obvious, and it is a waste of the client's time and money and a betrayal of his trust for the counselor to ignore these and start immediately on a profound exploration of the client's childhood difficulties. If this is ever necessary, it should be the last thing to take up. If client and spouse begin to work together, some of the personality difficulties will cease to make trouble, and may even disappear. The marriage counselor therefore encourages his client to get into obviously useful and even enjoyable action with his spouse,—a procedure which offers no threat to him but makes him feel that he is getting what he came for. Enrichment of the social and recreational life, elimination of financial squabbles by the adoption of a budget, improvement of the sexual adjustment, agreement on how to handle the children by giving each partner the same information on how to do it, suggestions about managing the in-laws that will satisfy both sides,—along such lines the counselor can aid his client to make immediate progress, often more rapidly than he thought possible.

To accomplish all this, it is hardly necessary to repeat that the counselor

must not only know what he is doing, but must himself have a personality that qualifies him to a counselor. If the client has confidence in his counselor's knowledge, personal integrity, warmth of understanding, genuine interest in the client's success, and ability to see the client's point of view while broadening it to enable him to reach the goal of a successful marriage,—if the counselor makes such an impression on his client, the latter will be eager to work on his problems and the counselor can work with him.

PAUL POPENOE, Sc.D.

(Abstract of discussion before the AIFR 10th annual summer workshop on the techniques of counseling, Aug. 5th, 1957.)

Educational Notes

MORE RESEARCH in human behavior is demanded by a citizens group organized by James G. Miller, director of the Mental Health Research Institute of the University of Michigan (Ann Arbor, Mich.) A statement which may be obtained in full from Dr. Miller urges the importance of such research as a means of fostering improved international relations as well as national security.

USE OF HOMEMAKERS SERVICES will be discussed at a conference tentatively planned for Chicago early next year. Some of the goals of such services, as defined by Mrs. Katherine Oettinger of the U.S. Children's Bureau, are to prevent the break-up of families and premature placement of children, to assist emotionally immature parents to give better care to their children and homes, to assist in the rehabilitation of the housewife or other ill or disabled family members; and to help the convalescent, chronically ill, disabled, and aged to remain in their own homes.

THIRD NATIONAL CONFERENCE on family life will be held in Chicago, Ill., Oct. 17-19 by the Methodist Church. Bishop Hazen G. Werner will be the chairman. Program for the conference has been based on problems and interests expressed in 500 adult classes. Registration may be sent to the Nat'l Conference on Family Life, P.O. Box 871, Nashville Tenn.

Research Notes

RACIAL DIFFERENCES in rate of growth need to be reinterpreted, says anthropologist Walter W. Greulich of Stanford University, who has been studying differences between Japanese and American children. He thinks the differences are often merely the effects of differences in diet in Japan and California, and other environmental conditions. (*Science,* March 7, 1958.)

BABIES conceived in the summer and born in February or March are more likely to be mentally defective than are babies conceived during the cooler months, according to Dr. Hilda R. Knoblock and Dr. Benjamin Pasamanick of the college of medicine at Ohio State University. They think this may be explained by the fact that the mothers have a poorer diet during the hottest months.

SCHIZOPHRENIA has been greatly alleviated by daily injections of protein-free extract of the pineal glands of beef cattle, says Dr. Mark D. Altschule of Harvard University. Widespread results await production of the substance synthetically, since it takes the pineal glands of 15 steers to make one day's dose for a patient.

FEELINGS OF DEPRESSION are recognized by about one-half of all college

women during the week leading up to menstruation, and during the actual period, with a peak on the first day of menstruation, according to a study of 181 of them by sociologist Judson T. Landis. Increase in sex desire was commonly reported just before the onset of menstruation, and just after it. During menstruation and in the days just before it, many of the women reported themselves as irritable, ready to weep, disorganized at work and unable to concentrate—*Research Studies of the State College of Washington,* June, 1957.

Around the World

THE SOVIET UNION does not permit newspapers to publish accounts of crime, but notices of new legislation indicate that the problem of juvenile deliquency is becoming more serious. What the Russians call *Mielkoe Khuliganstvo* (minor hooliganism) is particularly spreading, and is not covered by the present statutes dealing with major hooliganism. New laws will send youngsters in the former category to "Colonies of corrective labor for children." But the press is also inveighing against a widespread form of delinquency which is given the interesting slang name of Bureaucratism, and which is marked by selfishness, laziness, indifference to responsibility, disregard for public welfare, lack of conscience, disregard for laws and authority, and a "what's the difference" outlook on life in general. This malady is also included in the measures to deal with minor hooliganism.

GERMANY'S Roman Catholic bishops, at their annual conference, examined the problem of mixed marriages. Cardinal Frings of Cologne, president of the conference, asserted that the number of Catholics who married outside the church is becoming almost as large as the number who marry within the church.

Inexpensive Pamphlets

FOODS YOUR CHILDREN NEED, pp. 16, price 10c from Supt. of Documents, U. S. Govt. Printing Office, Washington 25, D.C. (Catalog Number FS 3/210:14/2.)

TIPS FOR FUN, compiled by Thomas P. Fay, and PARTY PLANNING FOR YOUNG ADULTS, compiled by Leo P. Wobido, 94 pp. and 78 pp. respectively, spiral bound, price $1 each from The Queen's Work, 3115 S. Grand Blvd., St. Louis 18, Mo.

SOME GOOD BOOKS FOR PARENTS, and STUDY MATERIALS FOR PARENTS' GROUPS, free leaflets from Dept. of the Christian Family, Board of Education of the Methodist Church, P.O. Box 871, Nashville 2. Tenn., which has also prepared folders at 20c per dozen or $1 per 100, including *Data for dating,* by Paul H. Landis; *What is a Christian home?* by Earl H. Furgeson, *Now you are engaged,* by Oliver M. Butterfield, *Going steady:pros and cons,* by C. Newman Hogle; and *Sex facts for adolescents,* by Elizabeth and William Genne.

COMPANIONS FOR ETERNITY, by A. Carre. Pp. 54, price 65c from Fides Publishers, 744 E. 79th st., Chicago 19, Ill. — Statement of the Roman Catholic position on marriage; translated from the French.

TIME FOR MUSIC—a guide for parents, by Beatrice Landeck. Pp. 20, price 25c from Public Affairs Pamphlets (No. 260), 22 E. 38th st., New York 16, N.Y.

NEW BOOKS IN BRIEF REVIEW

INDUSTRIAL SOCIETY AND SOCIAL WELFARE, by Harold L. Wilensky and Charles N. Lebeaux. Pp. 401, price $5 from Russell Sage Foundation, 505 Park ave., New York 22, N.Y., 1958.

The impact of industrialization on the supply and organization of social welfare services in the United States is interestingly discussed in this wide-ranging book which deals particularly with two important fields: the disorganization of family life and the increase of juvenile delinquency. Much attention is given to the confusion of popular ideas about what "the government" and private agencies should or should not do; and to the difficulties inherent in the make-up of the profession of social work, whose "welfare workers have been coming from progressively lower social origins over the last few decades." These workers do not believe in themselves too firmly: "many wish they were psychiatrists rather than social workers" and although they "describe themselves with many pleasant labels, they also view themselves as more 'mercenary'. 'condescending' and 'striving' than do the psychiatrists." It is interesting to find, from the same research, that "clinical psychologists are more critical of their own profession ('dogmatic', 'mercenary', 'condescending', and 'striving') than are either social workers or psychiatrists." The relatively low prestige and low pay attached to the profession of social work create difficulties, but the authors also see a serious difficulty in the conflict of sex roles: most social workers are women, but these find themselves seriously handicapped in getting supervisorial positions, and men do not want to work under them. The authors make many suggestions as to how some of these difficulties may be surmounted in time, and they analyze the whole situation in a theoretical framework which does not weigh down their pages unduly.

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THE STORY OF HUMAN EMOTIONS, by George M. Lott. Pp. 228, price $4.95 from Philosophical Library, 15 E. 40th st., New York, N.Y., 1958.

Popularly-written discussion of mental hygiene by a psychiatrist. The assertion of the subtitle that is is "from a teen-age viewpoint" seems to have little to do with the actual contents.

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REACHING DELINQUENTS THROUGH READING, by Melvin Roman. Pp. 125 (no index,) price $4.50 from Charles C. Thomas, 301 E. Lawrence ave., Springfield, Ill., 1958.

Technically-written discussion of how a hard core of delinquents with reading disabilities were reached by "tutorial group therapy."

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YOU, the person you want to be, by Ruth Fedder. Pp. 224 (no index,) price $3.50 from Whittlesey House Books for Young People, McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1957.

In a sympathetic and understanding manner, a psychologist and supervisor of special education, Bucks County Schools, Pennsylvania, chats directly and challengingly to boys and girls in their late teens about the kind of persons they want to be. Dr. Fedder does not sermonize. Her approach is that

of logic, psychology, and commonsense. "Perhaps this book will convince you that you can learn to understand the origins of some behavior, that you can become capable of dealing with some of your conflicts and of so modifying and changing your behavior that you grow in self-understanding and in ability to handle life situations effectively. Thus you will 'find' your most acceptable 'self." It is doubtful if any boy or girl of senior high school age could read this book without being able to "find" his or her acceptable "self", for he or she will be compelled to take a penetrating look at his or her life, past, present, and future. Dr. Fedder takes her young readers through a network of their vital interests, troubles, and worries such as home and family, dates and friendships, courtship and marriage, education and vocation and life values. Each chapter heading has been appropriately and interestingly illustrated by Algot Stenbery. The author has also enlivened the text with apt case studies so that the reader can see commonsense as well as logical ways in which he may achieve "maturity and integration of his personality." It is a down-to-earth, psychologically sound presentation of the facts of life. Almost all young people want the best for themselves, but it is often difficult for them to discover that best in an age of anxiety, turbulence, and lowered sense of morality. On every hand they see their elders who are lost and bewildered, who have placed high price tags on cheap and tawdry goods. Thus, they wonder if life has any meaning for them. Too often they come to the conclusion of the defeatist, "What's the use?" They feel insecure and anxious, haunted and frightened, when they see that those on whom they have most depended, their parents and their teachers, are insecure and anxious. Young adults need mature people to point out for them the way in which they can become the people they want to be. Dr. Fedder points out the way whereby they can become their best selves, can find a faith to live by and a purpose to live for. This reviewer hopes that parents, clergymen, librarians, and school people will make this book available to their young people.

—Robert S. Hicks, Pd.D.

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HOW TO BRING UP YOUR CHILD TO ENJOY MUSIC, by Howard Taubman. Pp. 113 (no index,) price $2.50 from Doubleday & Co., 575 Madison ave., New York 22, N.Y., 1958.

Every child, no matter how young, will respond to music, says Mr. Taubman (music critic of the N.Y.*Times*.) But the child can not tell the parent what he wants. The latter have a great privilege as well as responsibility, in giving every youngster a chance to make the most of this great resource. They can not depend on the schools. While the child should have an opportunity to make music for himself, Mr. Taubman gives great attention to the selection of phonograph records. Most of those published as "children's records" are unadulterated trash, he asserts flatly; but the great music of the world is full of selections that will appeal to children from pre-school on up, if father and mother know how to choose intelligently.

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HUMAN RELATIONSHIPS in the family, in friendship, in love, by Eleanor Bertine. Pp. 237 (no index,) price $4.50 from Longmans, Green, & Co.,

55 Fifth ave., New York 3, N.Y., 1958.

Written by a disciple of Carl Jung, this book will appeal mainly to those who are like-minded. The average reader will find it hard going. Thus, to take an illustration almost at random, Dr. Bertine explains that "the sexual union is fundamentally symbolic and this is its deepest meaning. It expresses the *coniunctio,* that mystic inner marriage which was the goal of the alchemical work. By its process *Sol* and *Luna,* gold and silver, logos and eros, were no longer to be estranged but were to be brought together and united. A strong, clear projection is essential before the assimilation of an unconscious content is possible," etc. Dr. Jung writes a forward for the volume. Dr. Bertine is an M.D. who is practicing analytical psychology in New York City.

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THEORY AHD PROBLEMS OF CHILD DEVELOPMENT, by David P. Ausubel. Pp. 650, price $11.75 from Grune & Stratton, 381 Fourth ave., New York 16, N.Y., 1958.

Advanced textbook for students in psychology and education, which attempts to organize the immense material of child development in a consistent theoretical framework. Dr. Ausubel is with the Bureau of Educational Research of the University of Illinios.

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UNION IN MARITAL LOVE, by Marc Oraison. Pp. 129 (no index,) price $3.00 from the MacMillan Co., 60 Fifth ave., New York 11, N.Y., 1958.

This discussion of Roman Catholic doctrine on the physical and spiritual foundations of married life is translated from the French. Dr. Oraison, a physician and theologian, is one of the well-known contemporary writers on such subjects in Paris today. Among other things he calls for far-reaching sex education: *"Every child* of either sex must know before reaching puberty *everything* about normal sexual behavior within the scope of his or her power to understand." Clear information about the natural facts of sexuality, however, is only a minimum requirement; the well-balanced development of emotions and character comes next and is no less important. Such development of the children is possible only when there is a harmonious spiritual adjustment between the parents.

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THE POPULAR LEGAL ENCYCLOPEDIA FOR HOME AND BUSINESS, by Samuel G. Kling. Pp. 273, price $3.95 from Doubleday & Co., 575 Madison ave., New York 22, N.Y., 1958.

Comprehensive and useful work by a member of the Baltimore bar who is also a marriage counselor.

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THE DADDY DAYS, by Norma Simon; pictures by Abner Graboff. Price $2.50 from Abelard-Schuman, London and New York, 1958.

Story book with "modernistic" pictures in color, for the nursery child, celebrating the days on which father is at home.

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PSYCHOLOGY AND RELIGION: WEST AND EAST, by C. G. Jung. (Bollingen Series XX.) Pp. 699, price $6 from Pantheon Books, 333 Sixth ave., New York 14, N.Y., 1958.

Another beautiful book (Vol. II in the collected works of Dr. Jung), publication of which has been made possible through a subsidy by Paul Mellon of the Pittsburgh banking family. The papers here translated were all written within the past quarter of a century.

Two on the relation between clergymen and psychotherapy are particularly interesting to the counselor.

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YOU MUST RELAX, by Edmund Jacobson. Pp. 269, price $4.50 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1957.

For half a century Dr. Jacobson of Chicago has been teaching people how to relax and the first edition of this book was published a quarter of a century ago. This fourth edition has been completely revised, simplified in some ways, and brought down to date. It is much needed as ever!

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MARRIAGE: a great sacrament, by Jacques Leclercq. Pp. 172 (no index,) price $1.95 from MacMillan Co., 60 Fifth ave., New York 11, N.Y., 1957.

Canon Leclercq is a prominent Belgian theologian and philosopher and this book, like many other that he has written, has long been popular among French-speaking Roman Catholics The present translation, by the Earl of Wicklow, was printed in Dublin.

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PROBLEMS OF FAMILY LIFE and how to meet them, ed. by Maxwell S. Stewart. Pp. 223, price $3.50 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1958.

Reprint of 11 of the well-known Public Affairs Pamphiets.

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THE DISSOCIATION OF A PERSONALITY, by Morton Prince. Pp. 575, price $5 from Longmans, Green & Co., 55 Fifth ave., New York 3, N.Y. 1957.

This classical study, published half a century ago and now apparently reprinted from the original plates, is the story of a girl with five personalities — an even more complicated story than the "Three Faces of Eve" can furnish to the patrons of motion pictures today. Dr. Prince (1854-1929) was one of the pioneers in psychopathology in America.

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GIVE A WOMAN A HOUSE, by C. H. Sanders. Pp. 149 (no index,) price $2.75 from Greenwich Book Publishers, 489 Fifth ave., New York 17, N.Y., 1958.

Fictional story of the life of a family which grew in Christian love and understanding. The author is a retired Congregational minister in Wisconsin.

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YOUTH DESERVES TO KNOW, by G. Curtis Jones. Pp. 134 (no index,) 60 Fifth ave., New York 11, N.Y., price $2.95 from The Macmillan Co., 1958.

Practical information in popular sermon style, on such topics as college, drinking, sex, marriage, work, honesty, and others of concern to teen-agers. Dr. Jones, who has five sons of his own, is minister of the Union Avenue Christian Church, St. Louis, Mo.

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A PARENT'S GUIDE TO CHILDREN'S ILLNESSES, by John Henderson. Pp. 397, price $4.75 from Duell, Sloan, and Pearce, 124 E. 30th st., New York 16, N.Y., 1958.

Encyclopedic treatment in far too much detail for the average parent— a color section, for instance, shows the rashes of 27 different diseases, when physicians themselves often can not identify them! Dr. Henderson is medical director of Johnson & Johnson.

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ADOLESCENCE, pp. 14, free on request to Mental Health Division, Dept. of Nat'l Health and Welfare, Ottawa, Canada.

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